



Match the Milk Facts

1. Lowfat milk contains the same amount of ____ and ____ as whole milk.
2. How many cups of milk does everyone over age 9 need each day? ____
3. Drinking lowfat milk keeps ____ and ____ strong!
4. Flavored milk has as much calcium as ____ milk.
5. Children over age ____ can mooove to 1% lowfat milk.
6. Another name for fat free milk is ____.
7. 2% milk is NOT lowfat milk. T or F
8. Skim milk has more calories than whole milk. T or F

- a. true
- b. bones and teeth
- c. skim
- d. 3
- e.  and 
- f. 2
- g. white
- h. false

Answers:

1.e, 2.d, 3.b, 4.g, 5.f, 6.c, 7.a, 8.h



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. Funded by the USDA Food Assistance Program and the United Methodist Health Ministry Fund.



Each Day

Adults and kids 9 years or older need 3 cups of milk

Kids 4 to 8 years need 2-3 cups

Kids 1 to 3 years need 2 cups



Adults and children 2 years and older should mooove to lowfat milk.

Breast milk for babies, whole milk for kids 12 months to 2 years



Set a good example and drink lowfat milk with your kids!
Flavored milk – fun, tasty, nutritious! Serve it ice cold and feel good your kids are drinking more milk.

Health Benefits of Drinking Lowfat Milk

Lower in calories for healthier weight

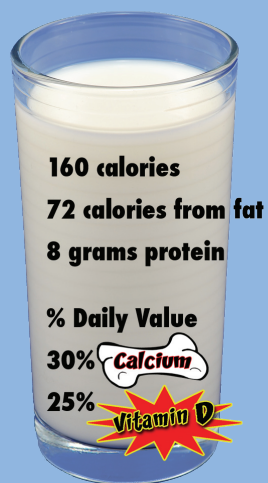
Helps lower risk of heart disease and stroke

Keeps bones and teeth strong and healthy

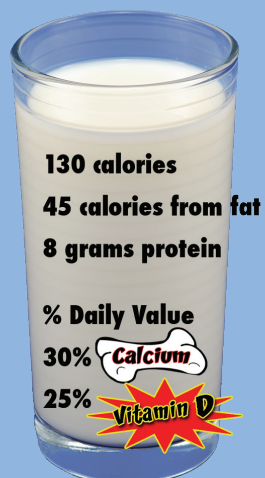
Great source of calcium, protein, vitamins and minerals

Mooove from whole milk to lowfat milk-  stays the same!

Mooove from whole milk to lowfat milk-  stays the same!



Whole Milk



Reduced Fat (2%)



Lowfat (1%)



Fat Free (Skim)